



26. Heider Abendstadtlauf

04. Juni 2010



Hauptlauf (10 Km)

| Hauptlauf | | | | | | | | | | |
|-----------|-------|-------|------|----------|-------------|--------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 1 | 1 | | 6 | 00:33:10 | Dethlefs | Pascal | 1983 | LG Rendsburg-Büdelisdorf | M-HK | 1 |
| 2 | 2 | | 1 | 00:33:28 | Wegers | Jonas | 1989 | MTV Heide | M-HK | 2 |
| 3 | 3 | | 7 | 00:35:17 | Schumann | Dirk | 1973 | TSV Ratekau | M-35 | 1 |
| 4 | 4 | | 3 | 00:35:26 | Stollberg | Andreas | 1972 | TSV Eddelak | M-35 | 2 |
| 5 | | 1 | 9 | 00:35:33 | Hilschenz | Marina | 1981 | LG Wedel-Pinneberg | W-HK | 1 |
| 6 | 5 | | 2 | 00:36:39 | Berneis | Mike | 1976 | | M-30 | 1 |
| 7 | 6 | | 37 | 00:37:38 | Claußen | Helge | 1984 | MTV Heide | M-HK | 3 |
| 8 | 7 | | 4 | 00:37:40 | Boldt | Lars | 1968 | MTV Heide | M-40 | 1 |
| 9 | 8 | | 359 | 00:38:16 | Peters | Kai | 1994 | LG Dithmarscher Westküste | M-JB | 1 |
| 10 | 9 | | 5 | 00:38:17 | Steen | Lothar | 1955 | Göpfert AG Weddingstedt | M-55 | 1 |
| 11 | 10 | | 476 | 00:38:25 | Pszolla | Karsten | 1968 | SG Tantalus Kiel | M-40 | 2 |
| 12 | 11 | | 291 | 00:38:44 | Thedens | Daniel | 1983 | Göpfert AG Weddingstedt | M-HK | 4 |
| 13 | 12 | | 220 | 00:39:04 | Wiegner | Björn | 1985 | | M-HK | 5 |
| 14 | 13 | | 554 | 00:39:09 | Junker | Dr. Thomas | 1965 | Team der Westküstenkliniken Brunsbüttel und Heide | M-45 | 1 |
| 15 | 14 | | 77 | 00:39:15 | Matthiessen | Ben | 1984 | MTV Heide | M-HK | 6 |
| 16 | 15 | | 36 | 00:39:51 | Karstens | Thorsten | 1974 | Kreis Dithmarschen | M-35 | 3 |
| 17 | 16 | | 425 | 00:40:35 | Ulbrich | Lars | 1986 | Ostroher SC | M-HK | 7 |
| 18 | 17 | | 519 | 00:40:40 | Domscheit | Nils-Hendrik | 1991 | SV Ditmarsia Albersdorf | M-JA | 1 |
| 19 | 18 | | 292 | 00:41:07 | Willwand | Ingo | 1967 | Göpfert AG Weddingstedt | M-40 | 3 |
| 20 | 19 | | 441 | 00:41:15 | Nehlsen | Markus | 1967 | Preetzer TSV | M-40 | 4 |
| 21 | 20 | | 428 | 00:41:18 | von Heymann | Alexander | 1989 | Ostroher SC | M-HK | 8 |
| 22 | 21 | | 670 | 00:41:19 | Ketels | Olaf | 1959 | Volksläufer | M-50 | 1 |
| 23 | 22 | | 392 | 00:41:20 | Poppe | Peter | 1969 | MTV Itzehoe | M-40 | 5 |
| 24 | 23 | | 516 | 00:41:21 | Schmedtje | Jörn | 1973 | Studio - FIT über 40 | M-35 | 4 |
| 25 | 24 | | 107 | 00:41:22 | Wandmaker | Holger | 1967 | MTV Heide | M-40 | 6 |
| 26 | 25 | | 408 | 00:41:25 | Bröcker | Volker | 1962 | Ostroher SC | M-45 | 2 |
| 27 | 26 | | 542 | 00:41:29 | Carstens | Rolf | 1966 | Team der Westküstenkliniken Brunsbüttel und Heide | M-40 | 7 |
| 28 | 27 | | 349 | 00:41:36 | Wind | Joachim | 1957 | Kreis Dithmarschen | M-50 | 2 |
| 29 | 28 | | 540 | 00:41:42 | Brüning | Christian | 1982 | Team der Westküstenkliniken Brunsbüttel und Heide | M-HK | 9 |
| 30 | 29 | | 98 | 00:41:50 | Simon | Wolfgang | 1952 | MTV Heide | M-55 | 2 |
| 31 | 30 | | 562 | 00:41:52 | Schwien | Reinhard | 1961 | Team der Westküstenkliniken Brunsbüttel und Heide | M-45 | 3 |
| 32 | 31 | | 631 | 00:41:54 | Möller | Marcus | 1974 | TSV Nordhastedt | M-35 | 5 |
| 33 | 32 | | 72 | 00:41:56 | Korth | Horst Dieter | 1968 | MTV Heide | M-40 | 8 |
| 34 | 33 | | 396 | 00:42:06 | Wilkinson | William | 1965 | MTV St. Michaelisdonn | M-45 | 4 |
| 35 | 34 | | 605 | 00:42:15 | Rohwedder | Wolfgang | 1962 | TSV Büsum | M-45 | 5 |
| 36 | 35 | | 659 | 00:42:18 | Stahnke | Gerd | 1961 | VfB Brunsbüttel | M-45 | 6 |

Hauptlauf (10 Km)

| Hauptlauf | | | | | | | | | | |
|-----------|-------|-------|------|----------|--------------|---------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 37 | 36 | | 421 | 00:42:19 | Sieß | Christoph | 1966 | Ostroher SC | M-40 | 9 |
| 38 | 37 | | 536 | 00:42:24 | Steinberg | Maik | 1982 | Team Dellstedt | M-HK | 10 |
| 39 | 38 | | 432 | 00:42:35 | Manke | Dirk | 1971 | Philips LG Hamburg | M-35 | 6 |
| 40 | 39 | | 239 | 00:42:41 | Bothmann | Torge | 1996 | Bargenstedter SC | M-SA | 1 |
| 41 | 40 | | 663 | 00:42:43 | Paukzstat | Nico | 1993 | VfB Brunsbüttel | M-JB | 2 |
| 42 | 41 | | 759 | 00:42:52 | Kliesow | Gunnar | 1976 | TSV Krumstedt | M-30 | 2 |
| 43 | 42 | | 614 | 00:42:56 | Rehder | Jörg | 1965 | TSV Frestedt | M-45 | 7 |
| 44 | 43 | | 423 | 00:42:57 | Sothmann | Marc | 1967 | Ostroher SC | M-40 | 10 |
| 45 | 44 | | 642 | 00:43:02 | Mahn | Harald | 1964 | TSV Schafstedt | M-45 | 8 |
| 46 | 45 | | 151 | 00:43:14 | Friedrichs | Jörg | 1971 | | M-35 | 7 |
| 47 | 46 | | 129 | 00:43:17 | Binke | Karsten | 1978 | | M-30 | 3 |
| 48 | 47 | | 589 | 00:43:21 | Schuhardt | Bernd | 1970 | Team Zeitenjäger | M-40 | 11 |
| 49 | 48 | | 58 | 00:43:23 | Hinz | Jens-Peter | 1957 | MTV Heide | M-50 | 3 |
| 50 | 49 | | 422 | 00:43:26 | Sonnenberg | Sven | 1967 | Ostroher SC | M-40 | 12 |
| 51 | 50 | | 440 | 00:43:27 | Schwabe | Stefan | 1967 | Post SV Heide | M-40 | 13 |
| 52 | 51 | | 222 | 00:43:28 | Wodtke | André | 1971 | | M-35 | 8 |
| 53 | 52 | | 613 | 00:43:29 | Walter | Dietmar | 1955 | TSV Eggstedt | M-55 | 3 |
| 54 | 53 | | 662 | 00:43:36 | Cszora | Sascha | 1991 | VfB Brunsbüttel | M-JA | 2 |
| 55 | 54 | | 640 | 00:43:44 | Hahnkamp | Nils | 1976 | TSV Schafstedt | M-30 | 4 |
| 56 | 55 | | 358 | 00:43:47 | Holm | Helge | 1990 | LG Dithmarscher Westküste | M-HK | 11 |
| 57 | 56 | | 378 | 00:43:52 | Eschenbach | Gerrit | 1993 | Marnar TV | M-JB | 3 |
| 58 | 57 | | 256 | 00:43:57 | Model | Thomas | 1967 | DOKO Team Hamburg | M-40 | 14 |
| 59 | 58 | | 454 | 00:44:02 | Wobst | Holger | 1984 | S.C. Laage | M-HK | 12 |
| 60 | 59 | | 660 | 00:44:03 | Wollesen | Jochen | 1953 | VfB Brunsbüttel | M-55 | 4 |
| 61 | 60 | | 361 | 00:44:04 | Schneider | Harry | 1955 | LG Dithmarscher Westküste | M-55 | 5 |
| 62 | 61 | | 39 | 00:44:11 | Diercks | Karsten | 1968 | MTV Heide | M-40 | 15 |
| 63 | 62 | | 317 | 00:44:14 | Rößner | Marc | 1996 | Heider SV | M-SA | 2 |
| 64 | 63 | | 468 | 00:44:17 | Oldenburg | Jörg | 1973 | Schröder Bauzentrum | M-35 | 9 |
| 65 | 64 | | 499 | 00:44:19 | Rohde | Claussen | 1967 | SSV Süderdorf | M-40 | 16 |
| 66 | 65 | | 356 | 00:44:20 | Holm | Johannes | 1994 | LG Dithmarscher Westküste | M-JB | 4 |
| 67 | 66 | | 657 | 00:44:23 | Nicola | Martin | 1968 | VfB Brunsbüttel | M-40 | 17 |
| 68 | 67 | | 558 | 00:44:23 | Niemöller | Elard | 1990 | Team der Westküstenkliniken Brunsbüttel und Heide | M-HK | 13 |
| 69 | 68 | | 121 | 00:44:25 | Carstensen | Torsten | 1967 | Heide | M-40 | 18 |
| 70 | | 2 | 661 | 00:44:26 | Büttner | Johanna | 1994 | VfB Brunsbüttel | W-JB | 1 |
| 71 | 69 | | 426 | 00:44:29 | Vollsen | Klaus | 1952 | Ostroher SC | M-55 | 6 |
| 72 | 70 | | 128 | 00:44:31 | Billerbeck | Karsten | 1959 | | M-50 | 4 |
| 73 | | 3 | 148 | 00:44:35 | Ewers | Susann | 1967 | | W-40 | 1 |
| 74 | 71 | | 351 | 00:44:40 | Tolkmit | Sven | 1976 | Lauftreff Hundestraße | M-30 | 5 |
| 75 | 72 | | 231 | 00:44:42 | Paulsen | Felix | 1985 | Anhalt Logistics | M-HK | 14 |
| 76 | 73 | | 253 | 00:44:43 | van Kalkeren | Teun | 1953 | Dijkrunners | M-55 | 7 |
| 77 | 74 | | 518 | 00:44:50 | Domscheit | Kai | 1964 | SV Ditmarsia Albersdorf | M-45 | 9 |
| 78 | 75 | | 658 | 00:44:51 | Ranta | Walter | 1940 | VfB Brunsbüttel | M-70 | 1 |
| 79 | | 4 | 187 | 00:44:51 | Prack | Daniela | 1974 | | W-35 | 1 |
| 80 | 76 | | 352 | 00:44:51 | Reimers | Hans-Joachim | 1955 | Lauftreff Marne | M-55 | 8 |
| 81 | 77 | | 669 | 00:44:53 | Hanssen | Henning | 1965 | Vitt | M-45 | 10 |
| 82 | | 5 | 10 | 00:44:53 | Rohwer | Anke | 1958 | Ostroher SC | W-50 | 1 |
| 83 | 78 | | 138 | 00:44:56 | Busche | Jan-Christian | 1966 | | M-40 | 19 |

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Hauptlauf (10 Km)

| Hauptlauf | | | | | | | | | | |
|-----------|-------|-------|------|----------|--------------|-------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 84 | 79 | | 88 | 00:44:58 | Riemann | Sven | 1971 | MTV Heide | M-35 | 10 |
| 85 | 80 | | 226 | 00:45:05 | Wulff | Heino | 1973 | | M-35 | 11 |
| 86 | 81 | | 260 | 00:45:05 | Drissen | Matthias | 1984 | Fachhochschule Westküste | M-HK | 15 |
| 87 | 82 | | 374 | 00:45:13 | Hahn | Stefan | 1963 | LSF Münster | M-45 | 11 |
| 88 | 83 | | 646 | 00:45:15 | Eckermann | Martin | 1972 | TSV Weddingstedt | M-35 | 12 |
| 89 | 84 | | 84 | 00:45:17 | Peters | Jens | 1968 | MTV Heide | M-40 | 20 |
| 90 | 85 | | 532 | 00:45:17 | Oeldemann | Michael | 1962 | Team ALDRA | M-45 | 12 |
| 91 | 86 | | 600 | 00:45:22 | Jasper | Jan | 1984 | TSV Büsum | M-HK | 16 |
| 92 | 87 | | 455 | 00:45:25 | Steenbock | Arne | 1970 | SC Egenbüttel | M-40 | 21 |
| 93 | 88 | | 71 | 00:45:25 | Köller | Norbert | 1960 | MTV Heide | M-50 | 5 |
| 94 | 89 | | 453 | 00:45:28 | Schubert | Dennis | 1979 | Road runner | M-30 | 6 |
| 95 | 90 | | 232 | 00:45:30 | Brink | Arne | 1971 | Astra Urtypen | M-35 | 13 |
| 96 | | 6 | 387 | 00:45:32 | Herzog Lucht | Gesa | 1967 | MTV Burg | W-40 | 2 |
| 97 | 91 | | 345 | 00:45:33 | Schnabel | Frank | 1966 | Kreis Dithmarschen | M-40 | 22 |
| 98 | 92 | | 545 | 00:45:38 | Große-Pawig | Marco | 1968 | Team der Westküstenkliniken Brunsbüttel und Heide | M-40 | 23 |
| 99 | 93 | | 311 | 00:45:39 | Peters | Gerrit | 1994 | Gymnasium Heide-Ost | M-JB | 5 |
| 100 | 94 | | 656 | 00:45:39 | Böttger | Sönke | 1958 | VfB Brunsbüttel | M-50 | 6 |
| 101 | 95 | | 647 | 00:45:41 | Ehlers | Wolfgang | 1957 | TSV Weddingstedt | M-50 | 7 |
| 102 | 96 | | 443 | 00:45:42 | Wiedemann | Wolfgang | 1967 | Pumper | M-40 | 24 |
| 103 | 97 | | 164 | 00:45:44 | Höltke | Magnus | 1985 | | M-HK | 17 |
| 104 | 98 | | 621 | 00:45:45 | Lüthje | Hauke | 1976 | TSV Lohe-Rickelshof | M-30 | 7 |
| 105 | 99 | | 284 | 00:45:50 | Leveke | Frank | 1963 | Gemüse Power | M-45 | 13 |
| 106 | 100 | | 581 | 00:45:51 | Stelling | Max | 1959 | Team Telekom | M-50 | 8 |
| 107 | 101 | | 593 | 00:45:53 | Dorn | Gerd | 1947 | TSV Brunsbüttel | M-60 | 1 |
| 108 | 102 | | 626 | 00:45:54 | Anker | Andre | 1977 | TSV Nordhastedt | M-30 | 8 |
| 109 | | 7 | 388 | 00:45:54 | Lucht | Merle | 1996 | MTV Burg | W-SA | 1 |
| 110 | | 8 | 11 | 00:45:55 | Karstens | Renate | 1963 | SSV Süderdorf | W-45 | 1 |
| 111 | 103 | | 484 | 00:46:15 | Gründemann | Norbert | 1955 | SSV Lunden | M-55 | 9 |
| 112 | 104 | | 604 | 00:46:18 | Rohwedder | Rüdiger | 1965 | TSV Büsum | M-45 | 14 |
| 113 | 105 | | 126 | 00:46:20 | Barzel | Rüdiger | 1969 | | M-40 | 25 |
| 114 | 106 | | 552 | 00:46:21 | Johannsen | Hans-Walter | 1965 | Team der Westküstenkliniken Brunsbüttel und Heide | M-45 | 15 |
| 115 | 107 | | 207 | 00:46:26 | Stegemann | Rolf | 1959 | | M-50 | 9 |
| 116 | 108 | | 750 | 00:46:27 | Stender | Kianusch | 1993 | Werner-Heisenberg-Gymnasium | M-JB | 6 |
| 117 | 109 | | 346 | 00:46:41 | Sobania | Uwe | 1956 | Kreis Dithmarschen | M-50 | 10 |
| 118 | 110 | | 219 | 00:46:43 | Wetzig | Florian | 1976 | | M-30 | 9 |
| 119 | 111 | | 490 | 00:46:45 | Ellerbrock | Torsten | 1958 | SSV Süderdorf | M-50 | 11 |
| 120 | 112 | | 599 | 00:46:48 | Witt | Peter | 1950 | TSV Buchholz | M-60 | 2 |
| 121 | 113 | | 573 | 00:46:57 | Brenning | Heinrich | 1953 | Team Telekom | M-55 | 10 |
| 122 | 114 | | 83 | 00:46:57 | Paschke | Philipp | 1992 | MTV Heide | M-JA | 3 |
| 123 | 115 | | 452 | 00:46:57 | Karstens | Ralf | 1981 | Road Runner | M-HK | 18 |
| 124 | 116 | | 204 | 00:46:58 | Sievers | Bernd | 1970 | | M-40 | 26 |
| 125 | 117 | | 212 | 00:47:05 | Thomsen | Ernst Willi | 1957 | | M-50 | 12 |
| 126 | 118 | | 152 | 00:47:10 | Gebauer | Helge | 1962 | | M-45 | 16 |
| 127 | 119 | | 221 | 00:47:11 | Wittkowski | Matthias | 1968 | | M-40 | 27 |
| 128 | 120 | | 434 | 00:47:11 | Ahlheim | Tobias | 1993 | Post SV Heide | M-JB | 7 |
| 129 | | 9 | 373 | 00:47:12 | Van Riesen | Kristina | 1972 | LKN-SH | W-35 | 2 |

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Hauptlauf (10 Km)

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|-----------|-------|-------|------|----------|-------------|-------------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 130 | 121 | | 717 | 00:47:12 | Monsées | Raymund | 1994 | Werner-Heisenberg-Gymnasium | M-JB | 8 |
| 131 | 122 | | 774 | 00:47:16 | Winzek | Florian | 1992 | MTV Heide - Handball | M-JA | 4 |
| 132 | 123 | | 637 | 00:47:19 | Rößner | Ralf | 1968 | TSV Nordhastedt | M-40 | 28 |
| 133 | | 10 | 12 | 00:47:23 | Kreft | Susanna | 1955 | VfB Brunsbüttel | W-55 | 1 |
| 134 | | 11 | 27 | 00:47:24 | Anthony | Hilke | 1964 | MTV Heide | W-45 | 2 |
| 135 | 124 | | 549 | 00:47:24 | Jensen | Dr. Reinhard | 1963 | Team der Westküstenkliniken Brunsbüttel und Heide | M-45 | 17 |
| 136 | 125 | | 372 | 00:47:31 | Van Riesen | Dirk | 1969 | LKN-SH | M-40 | 29 |
| 137 | 126 | | 472 | 00:47:33 | Simon | Hans-Walter | 1956 | Schröder Bauzentrum | M-50 | 13 |
| 138 | 127 | | 651 | 00:47:34 | Pump | Matthias | 1997 | TSV Weddingstedt | M-SB | 1 |
| 139 | 128 | | 559 | 00:47:35 | Prey | Holger | 1956 | Team der Westküstenkliniken Brunsbüttel und Heide | M-50 | 14 |
| 140 | 129 | | 780 | 00:47:42 | Jeger | Jan Marco | 1992 | Werner-Heisenberg-Gymnasium | M-JA | 5 |
| 141 | 130 | | 606 | 00:47:42 | Allers | Lennart | 1996 | TSV Dellstedt | M-SA | 3 |
| 142 | 131 | | 414 | 00:47:46 | Kracht | Jürgen | 1963 | Ostroher SC | M-45 | 18 |
| 143 | 132 | | 304 | 00:47:52 | Schulz | Bastian | 1973 | Grundschule Wesselburen/Neuenkirchen | M-35 | 14 |
| 144 | 133 | | 315 | 00:47:54 | Thieß | Werner | 1959 | Heider Motorrad Club | M-50 | 15 |
| 145 | 134 | | 163 | 00:47:55 | Holl | Felix | 1987 | | M-HK | 19 |
| 146 | 135 | | 142 | 00:47:56 | Dickmeis | Jens | 1987 | | M-HK | 20 |
| 147 | 136 | | 282 | 00:47:58 | Grossmann | Olaf | 1966 | Gemüse Power | M-40 | 30 |
| 148 | 137 | | 390 | 00:47:59 | Freiwald | Gerd | 1951 | MTV Itzehoe | M-55 | 11 |
| 149 | | 12 | 391 | 00:48:00 | Kohl | Daniela | 1979 | MTV Itzehoe | W-30 | 1 |
| 150 | 138 | | 709 | 00:48:05 | Kühne | Sune | 1995 | Werner-Heisenberg-Gymnasium | M-SA | 4 |
| 151 | 139 | | 716 | 00:48:05 | Möhring | Lukas | 1994 | Werner-Heisenberg-Gymnasium | M-JB | 9 |
| 152 | 140 | | 725 | 00:48:06 | Refisch | Martin | 1994 | Werner-Heisenberg-Gymnasium | M-JB | 10 |
| 153 | 141 | | 727 | 00:48:14 | Retzlaff | Jonas | 1996 | Werner-Heisenberg-Gymnasium | M-SA | 5 |
| 154 | 142 | | 237 | 00:48:19 | Lorenzen | Stephan | 1966 | Autohaus Stotzem GmbH | M-40 | 31 |
| 155 | 143 | | 650 | 00:48:19 | Ohlen | Rainer | 1967 | TSV Weddingstedt | M-40 | 32 |
| 156 | 144 | | 755 | 00:48:22 | Wodtke | Moritz | 1997 | Werner-Heisenberg-Gymnasium | M-SB | 2 |
| 157 | 145 | | 586 | 00:48:22 | Fedderson | Christian | 1966 | Team Zeitenjäger | M-40 | 33 |
| 158 | 146 | | 402 | 00:48:22 | Rehder | Thorben | 1983 | Neuenkirchener SC | M-HK | 21 |
| 159 | 147 | | 618 | 00:48:23 | Dreiskämper | Jerome | 1995 | TSV Lohe-Rickelshof | M-SA | 6 |
| 160 | 148 | | 29 | 00:48:25 | Beyer | Hartmut | 1939 | MTV Heide | M-70 | 2 |
| 161 | 149 | | 405 | 00:48:26 | Gerken | Helge | 1970 | Objektschutzregiment der Luftwaffe | M-40 | 34 |
| 162 | 150 | | 597 | 00:48:27 | Schittko | Bernd | 1954 | TSV Brunsbüttel | M-55 | 12 |
| 163 | 151 | | 506 | 00:48:29 | Dieg | Bernd | 1965 | Streetfighter | M-45 | 19 |
| 164 | 152 | | 370 | 00:48:31 | Oelerich | Johannes | 1958 | LKN-SH | M-50 | 16 |
| 165 | 153 | | 729 | 00:48:32 | Rickertsen | Niklas | 1993 | Werner-Heisenberg-Gymnasium | M-JB | 11 |
| 166 | 154 | | 503 | 00:48:33 | Campo | Mike | 1955 | Stinking desert athletic club | M-55 | 13 |
| 167 | 155 | | 123 | 00:48:36 | Funke | Thomas | 1965 | Heide | M-45 | 20 |
| 168 | 156 | | 654 | 00:48:36 | Utech | Torge | 1992 | TuRa Meldorf | M-JA | 6 |
| 169 | | 13 | 641 | 00:48:46 | Hahnkamp | Tanja | 1980 | TSV Schafstedt | W-30 | 2 |
| 170 | 157 | | 520 | 00:48:47 | Steenbock | Kjell | 1995 | SV Halstenbek-Rellingen | M-SA | 7 |
| 171 | | 14 | 415 | 00:48:53 | Midwer | Elke | 1963 | Ostroher SC | W-45 | 3 |
| 172 | 158 | | 236 | 00:48:56 | Mumm | Udo | 1962 | Ausbildungszentrum HFlaTr Munster | M-45 | 21 |
| 173 | 159 | | 578 | 00:49:02 | Meißner | Matthias | 1954 | Team Telekom | M-55 | 14 |
| 174 | 160 | | 464 | 00:49:03 | Meyer | Michael | 1979 | Schröder Bauzentrum | M-30 | 10 |
| 175 | 161 | | 666 | 00:49:05 | Klabes | Friedrich-Wilhelm | 1957 | VISHAY BCcomponents BEYSCHLAG GmbH | M-50 | 17 |

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|------------------|-------|-------|------|----------|--------------|----------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 176 | 162 | | 523 | 00:49:06 | Bruhns | Michael | 1951 | SV Rot-Gelb Hamburg von 1926 | M-55 | 15 |
| 177 | 163 | | 483 | 00:49:08 | Thessmann | Klaus | 1957 | SSV Hennstedt | M-50 | 18 |
| 178 | | 15 | 267 | 00:49:09 | Boldt | Erja | 1999 | Friedrich-Elvers-Schule Förderzentrum Heide | W-SC | 1 |
| 179 | 164 | | 161 | 00:49:12 | Hennings | Manfred | 1961 | | M-45 | 22 |
| 180 | 165 | | 486 | 00:49:18 | Schmidt | Harald | 1959 | SSV Lunden | M-50 | 19 |
| 181 | 166 | | 671 | 00:49:25 | Reis | Mirco | 1976 | Wasserwacht Albersdorf | M-30 | 11 |
| 182 | 167 | | 510 | 00:49:26 | Wittern | Norbert | 1965 | Streetfighter | M-45 | 23 |
| 183 | 168 | | 254 | 00:49:28 | Stange | Gerhard | 1946 | DLL | M-60 | 3 |
| 184 | | 16 | 114 | 00:49:29 | Wutzke | Marina | 1963 | MTV Heide | W-45 | 4 |
| 185 | 169 | | 410 | 00:49:36 | Genthe | Kay | 1960 | Ostroher SC | M-50 | 20 |
| 186 | 170 | | 155 | 00:49:37 | Gosch | Peter | 1956 | | M-50 | 21 |
| 187 | 171 | | 377 | 00:49:39 | Möller | Jochen | 1968 | M.O.E. | M-40 | 35 |
| 188 | | 17 | 175 | 00:49:41 | Lederer | Claudia | 1977 | | W-30 | 3 |
| 189 | 172 | | 624 | 00:49:45 | Stollberg | Olaf | 1963 | TSV Lohe-Rickelshof | M-45 | 24 |
| 190 | | 18 | 563 | 00:49:45 | Steen | Rita | 1959 | Team der Westküstenkliniken Brunsbüttel und Heide | W-50 | 2 |
| 191 | 173 | | 65 | 00:49:46 | Jüttner | Volkhard | 1958 | MTV Heide | M-50 | 22 |
| 192 | | 19 | 547 | 00:49:46 | Hinrichsen | Sabine | 1966 | Team der Westküstenkliniken Brunsbüttel und Heide | W-40 | 3 |
| 193 | | 20 | 632 | 00:49:48 | Nehlsen | Eva | 1970 | TSV Nordhastedt | W-40 | 4 |
| 194 | 174 | | 633 | 00:49:48 | Nehlsen | Martin | 1965 | TSV Nordhastedt | M-45 | 25 |
| 195 | 175 | | 664 | 00:49:48 | Eggers | Reimer | 1959 | VISHAY BCcomponents BEYSCHLAG GmbH | M-50 | 23 |
| 196 | 176 | | 459 | 00:49:49 | Ehlers | Roland | 1970 | Schröder Bauzentrum | M-40 | 36 |
| 197 | | 21 | 584 | 00:49:50 | Badtke | Britta | 1967 | Team Zeitenjäger | W-40 | 5 |
| 198 | 177 | | 533 | 00:49:52 | Boonekamp | Norman | 1976 | Team Dellstedt | M-30 | 12 |
| 199 | | 22 | 610 | 00:49:52 | Ploog | Bianca | 1977 | TSV Dellstedt | W-30 | 4 |
| 200 | 178 | | 753 | 00:49:53 | Wieckhorst | Jan | 1993 | Werner-Heisenberg-Gymnasium | M-JB | 12 |
| 201 | | 23 | 53 | 00:49:54 | Gruber | Astrid | 1966 | MTV Heide | W-40 | 6 |
| 202 | 179 | | 705 | 00:49:54 | Klimant | Tjark | 1992 | Werner-Heisenberg-Gymnasium | M-JA | 7 |
| 203 | | 24 | 688 | 00:49:55 | Fluck | Alina | 1993 | Werner-Heisenberg-Gymnasium | W-JB | 2 |
| 204 | 180 | | 166 | 00:49:55 | Hopp | Karl | 1943 | | M-65 | 1 |
| 205 | 181 | | 537 | 00:49:58 | Steinberg | Torsten | 1969 | Team Dellstedt | M-40 | 37 |
| 206 | 182 | | 371 | 00:50:00 | Steckel | René | 1979 | LKN-SH | M-30 | 13 |
| 207 | 183 | | 448 | 00:50:01 | Schneidewind | Stefan | 1976 | Raiffeisenbank Heide | M-30 | 14 |
| 208 | 184 | | 707 | 00:50:02 | Köhnke | Merlin | 1991 | Werner-Heisenberg-Gymnasium | M-JA | 8 |
| 209 | 185 | | 360 | 00:50:02 | Peters | Udo | 1963 | LG Dithmarscher Westküste | M-45 | 26 |
| 210 | | 25 | 376 | 00:50:06 | Brandt | Bärbel | 1951 | LT Hopen | W-55 | 2 |
| 211 | 186 | | 279 | 00:50:06 | Spietczak | Mark | 1995 | Gemeinschaftsschule am Hamberg | M-SA | 8 |
| 212 | 187 | | 274 | 00:50:06 | Klein | Reinhard | 1948 | Friisk Solar GmbH | M-60 | 4 |
| 213 | | 26 | 13 | 00:50:07 | Kunz | Nicole | 1992 | Raiffeisenbank Heide | W-JA | 1 |
| 214 | | 27 | 493 | 00:50:08 | Hadenfeldt | Hella | 1993 | SSV Süderdorf | W-JB | 3 |
| 215 | | 28 | 309 | 00:50:09 | Jäger | Katrin | 1969 | Gut Heil Itzehoe | W-40 | 7 |
| 216 | 188 | | 266 | 00:50:11 | Noreiks | Tobias | 1986 | Fortuna Düsseldorf | M-HK | 22 |
| 217 | 189 | | 240 | 00:50:12 | Kohlmorgen | Rüdiger | 1953 | Bargenstedter SC | M-55 | 16 |
| 218 | | 29 | 362 | 00:50:15 | Schneider | Nadine | 1989 | LG Dithmarscher Westküste | W-HK | 2 |
| 219 | 190 | | 143 | 00:50:19 | Dreier | Frank | 1959 | | M-50 | 24 |
| 220 | 191 | | 572 | 00:50:19 | Borchers | Nils | 1966 | Team Telekom | M-40 | 38 |

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Hauptlauf (10 Km)

| Hauptlauf | | | | | | | | | | |
|-----------|-------|-------|------|----------|----------------|---------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 221 | | 30 | 496 | 00:50:21 | Karstens | Ellen | 1990 | SSV Süderdorf | W-HK | 3 |
| 222 | 192 | | 649 | 00:50:22 | Noreiks | Sammy | 1976 | TSV Weddingstedt | M-30 | 15 |
| 223 | 193 | | 620 | 00:50:31 | Hinkfuß-Wenzel | Andreas | 1963 | TSV Lohe-Rickelshof | M-45 | 27 |
| 224 | 194 | | 612 | 00:50:33 | Stollberg | Stefan | 1977 | TSV Eddelak | M-30 | 16 |
| 225 | 195 | | 270 | 00:50:35 | Kath | Lucas | 1995 | Friedrich-Hebbel-Schule Wesselburen | M-SA | 9 |
| 226 | | 31 | 733 | 00:50:36 | Rolfs | Ida | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 2 |
| 227 | 196 | | 216 | 00:50:37 | Wäldchen | Rüdiger | 1958 | | M-50 | 25 |
| 228 | 197 | | 213 | 00:50:42 | Vollstedt | Klaus | 1956 | | M-50 | 26 |
| 229 | 198 | | 40 | 00:50:48 | Dithmer | Ulrich | 1957 | MTV Heide | M-50 | 27 |
| 230 | 199 | | 272 | 00:50:51 | Müller | Torben | 1996 | Friedrich-Hebbel-Schule Wesselburen | M-SA | 10 |
| 231 | 200 | | 47 | 00:50:56 | Epler | Archie | 1955 | MTV Heide | M-55 | 17 |
| 232 | 201 | | 75 | 00:50:57 | Lorenzen | Uwe | 1951 | MTV Heide | M-55 | 18 |
| 233 | 202 | | 431 | 00:51:04 | Westensee | Dieter | 1939 | Ostroher SC | M-70 | 3 |
| 234 | 203 | | 85 | 00:51:09 | Piller | Jens | 1966 | MTV Heide | M-40 | 39 |
| 235 | | 32 | 340 | 00:51:14 | Hanssen | Imke | 1962 | Kreis Dithmarschen | W-45 | 5 |
| 236 | | 33 | 159 | 00:51:15 | Hanßen | Karen | 1971 | | W-35 | 3 |
| 237 | | 34 | 541 | 00:51:18 | Carstens | Marion | 1973 | Team der Westküstenkliniken Brunsbüttel und Heide | W-35 | 4 |
| 238 | 204 | | 167 | 00:51:18 | Jacobsen | Dirk | 1968 | | M-40 | 40 |
| 239 | | 35 | 543 | 00:51:18 | Dau-Hein | Lydia | 1976 | Team der Westküstenkliniken Brunsbüttel und Heide | W-30 | 5 |
| 240 | 205 | | 749 | 00:51:27 | Steingrüber | Malte | 1996 | Werner-Heisenberg-Gymnasium | M-SA | 11 |
| 241 | 206 | | 54 | 00:51:28 | Hahn | Rüdiger | 1968 | MTV Heide | M-40 | 41 |
| 242 | 207 | | 721 | 00:51:30 | Nitsch | Niklas Joshua | 1996 | Werner-Heisenberg-Gymnasium | M-SA | 12 |
| 243 | 208 | | 63 | 00:51:37 | Jung | Jürgen | 1958 | MTV Heide | M-50 | 28 |
| 244 | 209 | | 427 | 00:51:39 | von Hemm | Hans-Jürgen | 1959 | Ostroher SC | M-50 | 29 |
| 245 | 210 | | 644 | 00:51:40 | Arens | Marvin | 2000 | TSV Weddingstedt | M-SC | 1 |
| 246 | | 36 | 445 | 00:51:40 | Heinrichs | Kaya | 1997 | Raiffeisenbank Heide | W-SB | 1 |
| 247 | 211 | | 592 | 00:51:44 | Ahmer | Karsten | 1969 | Tischlerei Ahmer | M-40 | 42 |
| 248 | 212 | | 713 | 00:51:46 | Makuszies | Henrik | 1999 | Werner-Heisenberg-Gymnasium | M-SC | 2 |
| 249 | | 37 | 762 | 00:51:46 | Heise | Nicole | 1972 | Team der Westküstenkliniken Brunsbüttel und Heide | W-35 | 5 |
| 250 | 213 | | 316 | 00:51:48 | Nitsch | Matthias | 1968 | Heider SV | M-40 | 43 |
| 251 | 214 | | 728 | 00:51:57 | Rickertsen | Lennart | 1990 | Werner-Heisenberg-Gymnasium | M-HK | 23 |
| 252 | 215 | | 323 | 00:51:58 | Schwarzer | Christian | 1982 | Jung, dynamisch & trinken Bier | M-HK | 24 |
| 253 | 216 | | 329 | 00:51:59 | Dodenhöft | Helko | 1975 | Klaus-Groth-Schule | M-35 | 15 |
| 254 | | 38 | 386 | 00:52:04 | Gerold | Silke | 1962 | MTV Burg | W-45 | 6 |
| 255 | 217 | | 258 | 00:52:08 | Witte | Bastian | 1999 | Druckerei Pingel-Witte | M-SC | 3 |
| 256 | 218 | | 223 | 00:52:08 | Wortmann | Robert | 1991 | | M-JA | 9 |
| 257 | 219 | | 348 | 00:52:13 | Ulich | Erk | 1970 | Kreis Dithmarschen | M-40 | 44 |
| 258 | 220 | | 625 | 00:52:15 | Volquardsen | Volquard | 1957 | TSV Lohe-Rickelshof | M-50 | 30 |
| 259 | | 39 | 314 | 00:52:16 | Pycha | Maren | 1965 | Gymnastikverein Süderheistedt | W-45 | 7 |
| 260 | 221 | | 467 | 00:52:19 | Neitzel | Lars | 1965 | Schröder Bauzentrum | M-45 | 28 |
| 261 | 222 | | 565 | 00:52:22 | Ternieden | Uwe | 1953 | Team der Westküstenkliniken Brunsbüttel und Heide | M-55 | 19 |
| 262 | | 40 | 261 | 00:52:29 | Santer | Steffi | 1984 | Fachhochschule Westküste | W-HK | 4 |
| 263 | 223 | | 400 | 00:52:30 | Haase | Dr. Andreas | 1955 | Nervennahrung e.V./WKK | M-55 | 20 |
| 264 | 224 | | 110 | 00:52:31 | Witt | Karsten | 1955 | MTV Heide | M-55 | 21 |
| 265 | 225 | | 444 | 00:52:33 | Heinecke | Heribert | 1951 | Raiffeisenbank Heide | M-55 | 22 |

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| Hauptlauf | | | | | | | | | | |
|-----------|-------|-------|------|----------|------------------|--------------|------|--------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 266 | 226 | | 598 | 00:52:34 | Tjarks | Uwe | 1955 | TSV Brunsbüttel | M-55 | 23 |
| 267 | | 41 | 68 | 00:52:36 | Karzewicz | Claudia | 1992 | MTV Heide | W-JA | 3 |
| 268 | 227 | | 251 | 00:52:38 | Sönnichsen | Rainer | 1966 | Bundespolizei Brunsbüttel | M-40 | 45 |
| 269 | | 42 | 87 | 00:52:39 | Reiher | Eve-Lilian | 1998 | MTV Heide | W-SB | 2 |
| 270 | 228 | | 668 | 00:52:42 | Petersen | Dr. Sven | 1966 | VISHAY BCcomponents BEYSCHLAG GmbH | M-40 | 46 |
| 271 | | 43 | 202 | 00:52:44 | Schmidt | Birgit | 1979 | | W-30 | 6 |
| 272 | 229 | | 746 | 00:52:49 | Seydlitz | Fin | 1997 | Werner-Heisenberg-Gymnasium | M-SB | 3 |
| 273 | 230 | | 754 | 00:52:49 | Will | Julius | 1996 | Werner-Heisenberg-Gymnasium | M-SA | 13 |
| 274 | | 44 | 690 | 00:52:49 | Gabbert | Madeleine | 1994 | Werner-Heisenberg-Gymnasium | W-JB | 4 |
| 275 | 231 | | 530 | 00:52:50 | Fleischhauer | Max | 1995 | Team 1100 | M-SA | 14 |
| 276 | 232 | | 652 | 00:52:51 | Kosuck | Mats Timm | 1998 | TuRa Meldorf | M-SB | 4 |
| 277 | 233 | | 55 | 00:52:52 | Hamm | Jochen | 1937 | MTV Heide | M-70 | 4 |
| 278 | 234 | | 742 | 00:52:53 | Schultz | Mats | 1998 | Werner-Heisenberg-Gymnasium | M-SB | 5 |
| 279 | 235 | | 389 | 00:52:59 | Sattler | Horst | 1939 | MTV Burg | M-70 | 5 |
| 280 | | 45 | 215 | 00:52:59 | Vornheim | Monika | 1967 | | W-40 | 8 |
| 281 | 236 | | 339 | 00:53:00 | Claußen | Berndt | 1958 | Kreis Dithmarschen | M-50 | 31 |
| 282 | 237 | | 242 | 00:53:02 | Hoffmann | Hans-Joachim | 1955 | Blau-Weiss Wesselburen | M-55 | 24 |
| 283 | 238 | | 124 | 00:53:05 | Ahlers | Rolf | 1958 | | M-50 | 32 |
| 284 | 239 | | 225 | 00:53:06 | Wulf | Nils | 1992 | | M-JA | 10 |
| 285 | | 46 | 297 | 00:53:06 | Giewat | Emma | 2000 | Grundschule Wesselburen/Neuenkirchen | W-SC | 2 |
| 286 | | 47 | 735 | 00:53:09 | Rühmann | Katharina | 1996 | Werner-Heisenberg-Gymnasium | W-SA | 2 |
| 287 | 240 | | 480 | 00:53:10 | Eggers | Bernd | 1955 | SSV Bunsöh | M-55 | 25 |
| 288 | | 48 | 730 | 00:53:11 | Roggatz | Britt | 1993 | Werner-Heisenberg-Gymnasium | W-JB | 5 |
| 289 | 241 | | 504 | 00:53:18 | Schumann | Klaus-Peter | 1944 | Strandläufer Büsum | M-65 | 2 |
| 290 | | 49 | 137 | 00:53:29 | Burde | Anne-Doris | 1956 | | W-50 | 3 |
| 291 | 242 | | 747 | 00:53:29 | Siekmann | Cedric | 1999 | Werner-Heisenberg-Gymnasium | M-SC | 4 |
| 292 | 243 | | 525 | 00:53:30 | Klotzbuecher | Volker | 1944 | SV Rot-Gelb Hamburg von 1926 | M-65 | 3 |
| 293 | 244 | | 752 | 00:53:30 | Wandmaker | Julian | 1998 | Werner-Heisenberg-Gymnasium | M-SB | 6 |
| 294 | 245 | | 276 | 00:53:31 | Witt | Kay Ove | 1998 | Gemeinschaftsschule Meldorf | M-SB | 7 |
| 295 | 246 | | 286 | 00:53:36 | Sarr | Daniel | 1995 | GGs Hennstedt | M-SA | 15 |
| 296 | 247 | | 355 | 00:53:38 | Borowski | Thomas | 1974 | LAV Husum | M-35 | 16 |
| 297 | 248 | | 182 | 00:53:40 | Nordmann | André | 1969 | | M-40 | 47 |
| 298 | 249 | | 740 | 00:53:43 | Schnack-Dörscher | Jan | 1991 | Werner-Heisenberg-Gymnasium | M-JA | 11 |
| 299 | 250 | | 726 | 00:53:43 | Reimers | Björn | 1991 | Werner-Heisenberg-Gymnasium | M-JA | 12 |
| 300 | 251 | | 228 | 00:53:47 | Willmann | Steven | 1994 | ABC Wesseln | M-JB | 13 |
| 301 | 252 | | 488 | 00:53:48 | Otto | Rainer | 1971 | SSV Sarzbüttel | M-35 | 17 |
| 302 | 253 | | 502 | 00:53:49 | Karstens | Peter | 1968 | St. Jürgen Kirche Heide | M-40 | 48 |
| 303 | 254 | | 273 | 00:53:49 | Peters | Steffen | 1998 | Friedrich-Hebbel-Schule Wesselburen | M-SB | 8 |
| 304 | 255 | | 418 | 00:53:51 | Reinhardt | Henry | 1961 | Ostroher SC | M-45 | 29 |
| 305 | 256 | | 278 | 00:53:52 | Reimers | Timo | 1994 | Gemeinschaftsschule am Hamberg | M-JB | 14 |
| 306 | 257 | | 369 | 00:53:53 | Kundy | Matthias | 1957 | LKN-SH | M-50 | 33 |
| 307 | 258 | | 368 | 00:53:58 | Kath | Andreas | 1966 | LKN-SH | M-40 | 49 |
| 308 | | 50 | 375 | 00:54:00 | Behrens | Marion | 1949 | LT Hopen | W-60 | 1 |
| 309 | | 51 | 615 | 00:54:01 | Enseleit | Eike | 1960 | TSV Linden | W-50 | 4 |
| 310 | 259 | | 616 | 00:54:02 | Enseleit | Manfred | 1955 | TSV Linden | M-55 | 26 |
| 311 | 260 | | 342 | 00:54:06 | Klimant | Dr. Jörn | 1958 | Kreis Dithmarschen | M-50 | 34 |
| 312 | 261 | | 575 | 00:54:08 | Claussen | Eggert | 1961 | Team Telekom | M-45 | 30 |

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| Hauptlauf | | | | | | | | | | |
|------------------|-------|-------|------|----------|-----------------|------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 313 | 262 | | 579 | 00:54:09 | Peters | Dieter | 1958 | Team Telekom | M-50 | 35 |
| 314 | | 52 | 90 | 00:54:13 | Schillings | Karin | 1970 | MTV Heide | W-40 | 9 |
| 315 | 263 | | 271 | 00:54:14 | Maroske | Jan-Philip | 1996 | Friedrich-Hebbel-Schule Wesselburen | M-SA | 16 |
| 316 | 264 | | 243 | 00:54:16 | Creutz | Thomas | 1964 | Blume2000 | M-45 | 31 |
| 317 | 265 | | 419 | 00:54:17 | Rohwer | Horst | 1955 | Ostroher SC | M-55 | 27 |
| 318 | 266 | | 450 | 00:54:17 | Stuckmann | Uwe | 1964 | Raiffeisenbank Heide | M-45 | 32 |
| 319 | | 53 | 203 | 00:54:21 | Schrum | Kirsten | 1966 | | W-40 | 10 |
| 320 | 267 | | 694 | 00:54:23 | Hansen | Finn Oke | 1997 | Werner-Heisenberg-Gymnasium | M-SB | 9 |
| 321 | | 54 | 548 | 00:54:23 | Hinsch | Dr. Antje | 1970 | Team der Westküstenkliniken Brunsbüttel und Heide | W-40 | 11 |
| 322 | | 55 | 132 | 00:54:23 | Borwieck | Kirsi | 1978 | | W-30 | 7 |
| 323 | | 56 | 417 | 00:54:24 | Reinhardt | Birgit | 1962 | Ostroher SC | W-45 | 8 |
| 324 | 268 | | 328 | 00:54:27 | Bütje | Jan | 1971 | Klaus-Groth-Schule | M-35 | 18 |
| 325 | | 57 | 80 | 00:54:32 | Nitsch | Alexandra | 1970 | MTV Heide | W-40 | 12 |
| 326 | | 58 | 535 | 00:54:33 | Holm | Michaela | 1972 | Team Dellstedt | W-35 | 6 |
| 327 | | 59 | 51 | 00:54:34 | Golombek | Anke | 1960 | MTV Heide | W-50 | 5 |
| 328 | | 60 | 154 | 00:54:34 | Golombek | Kathrin | 1982 | | W-HK | 5 |
| 329 | 269 | | 724 | 00:54:36 | Petersen | Ole | 1992 | Werner-Heisenberg-Gymnasium | M-JA | 13 |
| 330 | 270 | | 205 | 00:54:36 | Sievers | Harald | 1993 | | M-JB | 15 |
| 331 | | 61 | 70 | 00:54:38 | Kohlmorgen | Claudia | 1973 | MTV Heide | W-35 | 7 |
| 332 | 271 | | 577 | 00:54:39 | Klock | Dieter | 1951 | Team Telekom | M-55 | 28 |
| 333 | 272 | | 193 | 00:54:42 | Rohde | Thorsten | 1967 | | M-40 | 50 |
| 334 | | 62 | 501 | 00:54:44 | Tiessen-Börner | Andrea | 1965 | SSV Süderdorf | W-45 | 9 |
| 335 | 273 | | 158 | 00:54:44 | Hamann | Sven | 1966 | | M-40 | 51 |
| 336 | 274 | | 194 | 00:54:46 | Rühmann | Christian | 1987 | | M-HK | 25 |
| 337 | 275 | | 653 | 00:54:49 | Utech | Nils-Ole | 1998 | TuRa Meldorf | M-SB | 10 |
| 338 | 276 | | 714 | 00:54:52 | Mehrens | Jonas | 1998 | Werner-Heisenberg-Gymnasium | M-SB | 11 |
| 339 | 277 | | 209 | 00:54:52 | Stichweh | Frank | 1966 | | M-40 | 52 |
| 340 | 278 | | 350 | 00:54:52 | Wittmaack | Uwe | 1956 | Kreis Dithmarschen | M-50 | 36 |
| 341 | 279 | | 683 | 00:54:52 | Dieckmann-Keden | Max | 1999 | Werner-Heisenberg-Gymnasium | M-SC | 5 |
| 342 | 280 | | 643 | 00:54:55 | Schmielau | Thorsten | 1967 | TSV Schülpl | M-40 | 53 |
| 343 | 281 | | 384 | 00:54:58 | Westphal | Christian | 1972 | MEX Running Team | M-35 | 19 |
| 344 | | 63 | 630 | 00:55:00 | Lüders | Inga | 1972 | TSV Nordhastedt | W-35 | 8 |
| 345 | 282 | | 404 | 00:55:02 | Popp | Volker | 1951 | NTSV | M-55 | 29 |
| 346 | 283 | | 30 | 00:55:05 | Bittner | Herbert | 1938 | MTV Heide | M-70 | 6 |
| 347 | 284 | | 500 | 00:55:07 | Schuster | Karl-Heinz | 1949 | SSV Süderdorf | M-60 | 5 |
| 348 | | 64 | 596 | 00:55:07 | Lau | Birgit | 1963 | TSV Brunsbüttel | W-45 | 10 |
| 349 | 285 | | 144 | 00:55:13 | Drewes | Tobias | 1992 | | M-JA | 14 |
| 350 | | 65 | 165 | 00:55:14 | Holt Schneider | Gerlinde | 1958 | | W-50 | 6 |
| 351 | | 66 | 157 | 00:55:14 | Hamann | Melanie | 1971 | | W-35 | 9 |
| 352 | | 67 | 206 | 00:55:15 | Sievers | Tanja | 1973 | | W-35 | 10 |
| 353 | 286 | | 458 | 00:55:16 | Christensen | Marco | 1971 | Schröder Bauzentrum | M-35 | 20 |
| 354 | | 68 | 214 | 00:55:18 | Vollstedt | Regine | 1959 | | W-50 | 7 |
| 355 | | 69 | 413 | 00:55:21 | Kock | Julia | 1994 | Ostroher SC | W-JB | 6 |
| 356 | | 70 | 397 | 00:55:23 | Denker | Daniela | 1984 | MTV Wrohm | W-HK | 6 |
| 357 | 287 | | 195 | 00:55:27 | Rusch | Peter | 1968 | | M-40 | 54 |
| 358 | | 71 | 62 | 00:55:34 | Jung | Gertrud | 1957 | MTV Heide | W-50 | 8 |
| 359 | 288 | | 447 | 00:55:36 | Krämer | Holger | 1967 | Raiffeisenbank Heide | M-40 | 55 |

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| Hauptlauf | | | | | | | | | | |
|------------------|-------|-------|------|----------|-------------------|-------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 360 | | 72 | 451 | 00:55:36 | Voß | Beate | 1978 | Raiffeisenbank Heide | W-30 | 8 |
| 361 | 289 | | 318 | 00:55:45 | Faust | Michael | 1965 | HONDA - Heide | M-45 | 33 |
| 362 | 290 | | 281 | 00:55:45 | Diener | Hans Uwe | 1967 | Gemüse Power | M-40 | 56 |
| 363 | 291 | | 178 | 00:55:45 | Lippold | Knuth | 1959 | | M-50 | 37 |
| 364 | 292 | | 485 | 00:55:47 | Schmidt | Alf | 1965 | SSV Lunden | M-45 | 34 |
| 365 | 293 | | 306 | 00:55:48 | Severin | Malte | 1999 | Grundschule Wesselburen/Neuenkirchen | M-SC | 6 |
| 366 | 294 | | 305 | 00:55:49 | Severin | Andreas | 1969 | Grundschule Wesselburen/Neuenkirchen | M-40 | 57 |
| 367 | | 73 | 585 | 00:55:49 | Feddersen | Andrea | 1968 | Team Zeitenjäger | W-40 | 13 |
| 368 | 295 | | 255 | 00:55:52 | Hilmer | Hans-Jürgen | 1960 | DOKO Team Hamburg | M-50 | 38 |
| 369 | | 74 | 587 | 00:55:54 | Feddersen | Gesche | 1963 | Team Zeitenjäger | W-45 | 11 |
| 370 | 296 | | 446 | 00:55:56 | Heinrichs | Kim | 1969 | Raiffeisenbank Heide | M-40 | 58 |
| 371 | | 75 | 508 | 00:55:57 | Gimmini | Melanie | 1982 | Streetfighter | W-HK | 7 |
| 372 | | 76 | 367 | 00:55:59 | Gätje | Christiane | 1958 | LKN-SH | W-50 | 9 |
| 373 | 297 | | 507 | 00:55:59 | Dreyer | Ulf | 1971 | Streetfighter | M-35 | 21 |
| 374 | 298 | | 701 | 00:55:59 | Jensen | Niels | 1995 | Werner-Heisenberg-Gymnasium | M-SA | 17 |
| 375 | 299 | | 135 | 00:56:00 | Boyn | Joachim | 1958 | | M-50 | 39 |
| 376 | 300 | | 603 | 00:56:02 | Poremba | Knut | 1959 | TSV Büsum | M-50 | 40 |
| 377 | 301 | | 91 | 00:56:02 | Schmidt-Holländer | Peter | 1950 | MTV Heide | M-60 | 6 |
| 378 | 302 | | 247 | 00:56:04 | Wölke | Jörg | 1964 | BoBelverein Heid-Rüsdörp | M-45 | 35 |
| 379 | 303 | | 245 | 00:56:04 | Bieneke | Joachim | 1973 | BoBelverein Heid-Rüsdörp | M-35 | 22 |
| 380 | | 77 | 449 | 00:56:05 | Stuckmann | Ute | 1965 | Raiffeisenbank Heide | W-45 | 12 |
| 381 | | 78 | 617 | 00:56:05 | Carius | Nadine | 1972 | TSV Lohe-Rickelshof | W-35 | 11 |
| 382 | 304 | | 35 | 00:56:06 | Busack | Egenhard | 1956 | MTV Heide | M-50 | 41 |
| 383 | 305 | | 353 | 00:56:06 | Schinke | Kuddl | 1955 | Laufftreff Uetersen | M-55 | 30 |
| 384 | 306 | | 172 | 00:56:08 | Kracht | Stefan | 1969 | | M-40 | 59 |
| 385 | 307 | | 442 | 00:56:12 | Kahl | Michael | 1965 | Pumper | M-45 | 36 |
| 386 | | 79 | 608 | 00:56:13 | Mohr | Carmen | 1966 | TSV Dellstedt | W-40 | 14 |
| 387 | 308 | | 112 | 00:56:16 | Schmiedeberg | Uwe | 1954 | | M-55 | 31 |
| 388 | 309 | | 609 | 00:56:17 | Mohr | Ralf | 1964 | TSV Dellstedt | M-45 | 37 |
| 389 | 310 | | 665 | 00:56:18 | Gansel | Sebastian | 1979 | VISHAY BCcomponents BEYSCHLAG GmbH | M-30 | 17 |
| 390 | | 80 | 748 | 00:56:18 | Sprenger | Nina | 1995 | Werner-Heisenberg-Gymnasium | W-SA | 3 |
| 391 | | 81 | 734 | 00:56:21 | Ruge | Julia | 1994 | Werner-Heisenberg-Gymnasium | W-JB | 7 |
| 392 | | 82 | 602 | 00:56:23 | Poremba | Kirstin | 1959 | TSV Büsum | W-50 | 10 |
| 393 | 311 | | 566 | 00:56:23 | Thiemann | Volker | 1962 | Team der Westküstenkliniken Brunsbüttel und Heide | M-45 | 38 |
| 394 | 312 | | 201 | 00:56:25 | Schliephake | Arne | 1985 | FH Westküste | M-HK | 26 |
| 395 | 313 | | 667 | 00:56:25 | Peters | Holger | 1968 | VISHAY BCcomponents BEYSCHLAG GmbH | M-40 | 60 |
| 396 | | 83 | 399 | 00:56:32 | Sieg | Andrea | 1982 | MTV Wrohm | W-HK | 8 |
| 397 | 314 | | 648 | 00:56:40 | Hartwig | Helge | 1996 | TSV Weddingstedt | M-SA | 18 |
| 398 | 315 | | 509 | 00:56:40 | Jensen | Björn | 1973 | Streetfighter | M-35 | 23 |
| 399 | | 84 | 412 | 00:56:40 | Hamann | Gesche | 1958 | Ostroher SC | W-50 | 11 |
| 400 | | 85 | 462 | 00:56:41 | Kock | Sabine | 1968 | Schröder Bauzentrum | W-40 | 15 |
| 401 | | 86 | 489 | 00:56:43 | Speck | Heike | 1965 | SSV Sarzbüttel | W-45 | 13 |
| 402 | | 87 | 100 | 00:56:43 | Thießen | Brigitte | 1963 | MTV Heide | W-45 | 14 |
| 403 | 316 | | 364 | 00:56:52 | Bruhn | Jörg | 1964 | LG Team Bruhn | M-45 | 39 |
| 404 | 317 | | 478 | 00:56:55 | Schönwald | Jochen | 1951 | SR Schleswig | M-55 | 32 |
| 405 | | 88 | 357 | 00:56:59 | Holtmeier | Lea | 1993 | LG Dithmarscher Westküste | W-JB | 8 |

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| Hauptlauf | | | | | | | | | | |
|------------------|-------|-------|------|----------|---------------|------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 406 | | 89 | 288 | 00:57:00 | Sokolowski | Nina | 1997 | GGs Hennstedt | W-SB | 3 |
| 407 | | 90 | 325 | 00:57:01 | Ahlheim | Susanne | 1966 | Kirchengemeinde Hemmingstedt | W-40 | 16 |
| 408 | 318 | | 38 | 00:57:03 | Cramer | Burghard | 1963 | MTV Heide | M-45 | 40 |
| 409 | 319 | | 140 | 00:57:03 | Cramer | Philipp | 1998 | | M-SB | 12 |
| 410 | 320 | | 570 | 00:57:08 | Nottelmann | Volker | 1969 | Team Feldblick | M-40 | 61 |
| 411 | | 91 | 517 | 00:57:09 | Hamann | Katja | 1976 | Süderheistedt / Burg | W-30 | 9 |
| 412 | | 92 | 557 | 00:57:10 | Neumann-Meier | Ute | 1963 | Team der Westküstenkliniken Brunsbüttel und Heide | W-45 | 15 |
| 413 | 321 | | 595 | 00:57:12 | Holze | Konrad | 1953 | TSV Brunsbüttel | M-55 | 33 |
| 414 | | 93 | 761 | 00:57:13 | Bublitz | Susett | 1966 | Team der Westküstenkliniken Brunsbüttel und Heide | W-40 | 17 |
| 415 | 322 | | 594 | 00:57:24 | Holze | Christian | 1989 | TSV Brunsbüttel | M-HK | 27 |
| 416 | | 94 | 111 | 00:57:26 | Witt | Kerstin | 1958 | MTV Heide | W-50 | 12 |
| 417 | 323 | | 583 | 00:57:30 | Szuba | Friedemann | 1952 | Team Telekom | M-55 | 34 |
| 418 | 324 | | 210 | 00:57:31 | Szuba | Jonathan | 1980 | | M-30 | 18 |
| 419 | 325 | | 710 | 00:57:31 | Lachmann | Henning | 1992 | Werner-Heisenberg-Gymnasium | M-JA | 15 |
| 420 | | 95 | 197 | 00:57:33 | Sabsch | Sabine | 1965 | | W-45 | 16 |
| 421 | 326 | | 238 | 00:57:35 | Bothmann | Thede | 1998 | Bargenstedter SC | M-SB | 13 |
| 422 | 327 | | 190 | 00:57:36 | Rathmann | Detlev | 1963 | | M-45 | 41 |
| 423 | | 96 | 294 | 00:57:39 | Plath | Uta | 1971 | Gringo-Bar | W-35 | 12 |
| 424 | 328 | | 229 | 00:57:41 | Skock | Rainer | 1960 | Amt Eider | M-50 | 42 |
| 425 | 329 | | 257 | 00:57:46 | Schnackenberg | Frank | 1960 | DOKO Team Hamburg | M-50 | 43 |
| 426 | 330 | | 526 | 00:57:51 | Koch | Carsten | 1942 | SV Rot-Gelb Hamburg von 1926 | M-65 | 4 |
| 427 | | 97 | 731 | 00:57:53 | Rogge | Anna | 1992 | Werner-Heisenberg-Gymnasium | W-JA | 4 |
| 428 | 331 | | 473 | 00:57:53 | Thede | Björn | 1979 | Schröder Bauzentrum | M-30 | 19 |
| 429 | | 98 | 720 | 00:57:59 | Niemöller | Marthe | 1992 | Werner-Heisenberg-Gymnasium | W-JA | 5 |
| 430 | | 99 | 398 | 00:58:12 | Kröger | Heinke | 1958 | MTV Wrohm | W-50 | 13 |
| 431 | | 100 | 634 | 00:58:14 | Nietzsch | Marie-José | 1993 | TSV Nordhastedt | W-JB | 9 |
| 432 | | 101 | 628 | 00:58:14 | Haiduck | Alina | 1992 | TSV Nordhastedt | W-JA | 6 |
| 433 | 332 | | 347 | 00:58:21 | Timm | Michael | 1954 | Kreis Dithmarschen | M-55 | 35 |
| 434 | 333 | | 576 | 00:58:28 | Förster | Oliver | 1961 | Team Telekom | M-45 | 42 |
| 435 | 334 | | 673 | 00:58:31 | Bandholz | Finn | 1993 | Werner-Heisenberg-Gymnasium | M-JB | 16 |
| 436 | 335 | | 319 | 00:58:32 | Kuschel | Pierre | 1995 | Jugendzentrum Albersdorf | M-SA | 19 |
| 437 | | 102 | 482 | 00:58:34 | Denker | Ina | 1971 | SSV Hennstedt | W-35 | 13 |
| 438 | 336 | | 170 | 00:58:35 | Jürgens | Martin | 1958 | | M-50 | 44 |
| 439 | 337 | | 131 | 00:58:37 | Bohn | Hugo | 1944 | | M-65 | 5 |
| 440 | | 103 | 590 | 00:58:38 | Schuhardt | Ilka | 1973 | Team Zeitenjäger | W-35 | 14 |
| 441 | | 104 | 139 | 00:58:39 | Carstensen | Helga | 1949 | | W-60 | 2 |
| 442 | | 105 | 645 | 00:58:42 | Bolzenius | Keren | 1970 | TSV Weddingstedt | W-40 | 18 |
| 443 | 338 | | 269 | 00:58:42 | Neumann | Kevin | 1999 | Friedrich-Elvers-Schule Förderzentrum Heide | M-SC | 7 |
| 444 | 339 | | 330 | 00:58:44 | Friedrichsen | Fabian | 1997 | Klaus-Groth-Schule | M-SB | 14 |
| 445 | 340 | | 333 | 00:58:45 | Mahir | Semmou | 1999 | Klaus-Groth-Schule | M-SC | 8 |
| 446 | 341 | | 556 | 00:58:53 | Kraus | Tobias | 1972 | Team der Westküstenkliniken Brunsbüttel und Heide | M-35 | 24 |
| 447 | | 106 | 685 | 00:58:55 | Dühmert | Friederike | 1996 | Werner-Heisenberg-Gymnasium | W-SA | 4 |
| 448 | 342 | | 263 | 00:58:59 | Hauschildt | Marcus | 1978 | Familie Bruchwurst | M-30 | 20 |
| 449 | 343 | | 262 | 00:58:59 | Albertsen | Mario | 1978 | Familie Bruchwurst | M-30 | 21 |
| 450 | 344 | | 265 | 00:58:59 | Stäcker | Tim | 1977 | Familie Bruchwurst | M-30 | 22 |

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| Hauptlauf | | | | | | | | | | |
|-----------|-------|-------|------|----------|----------------|------------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 451 | 345 | | 264 | 00:58:59 | Ott | Gunnar | 1978 | Familie Bruchwurst | M-30 | 23 |
| 452 | | 107 | 629 | 00:59:02 | Haß | Stefanie | 1980 | TSV Nordhastedt | W-30 | 10 |
| 453 | 346 | | 622 | 00:59:03 | Otto | Horst | 1953 | TSV Lohe-Rickelshof | M-55 | 36 |
| 454 | | 108 | 160 | 00:59:05 | Haß | Jasmin | 1982 | | W-HK | 9 |
| 455 | 347 | | 420 | 00:59:16 | Seddig | Frank | 1970 | Ostroher SC | M-40 | 62 |
| 456 | | 109 | 491 | 00:59:17 | Ellerbrock | Verena | 1961 | SSV Süderdorf | W-45 | 17 |
| 457 | | 110 | 141 | 00:59:18 | Czarnecki | Michaela | 1974 | | W-35 | 15 |
| 458 | | 111 | 99 | 00:59:19 | Stender-Gaida | Bärbel | 1959 | MTV Heide | W-50 | 14 |
| 459 | 348 | | 224 | 00:59:19 | Wulf | Michael | 1959 | | M-50 | 45 |
| 460 | 349 | | 217 | 00:59:23 | Weber | Jens-Uwe | 1964 | | M-45 | 43 |
| 461 | | 112 | 757 | 00:59:23 | Daemen | Neele | 1984 | Wildeshauser Lauftreff | W-HK | 10 |
| 462 | 350 | | 474 | 00:59:25 | Wischniewski | Matthias | 1981 | Schröder Bauzentrum | M-HK | 28 |
| 463 | | 113 | 682 | 00:59:29 | Carstensen | Julia | 1998 | Werner-Heisenberg-Gymnasium | W-SB | 4 |
| 464 | | 114 | 69 | 00:59:30 | Klinger | Bianca | 1968 | MTV Heide | W-40 | 19 |
| 465 | 351 | | 409 | 00:59:31 | Diestelkamp | Gerd | 1954 | Ostroher SC | M-55 | 37 |
| 466 | | 115 | 639 | 00:59:31 | Skock | Sarah | 1992 | TSV Nordhastedt | W-JA | 7 |
| 467 | | 116 | 416 | 00:59:32 | Räsch | Heike | 1963 | Ostroher SC | W-45 | 18 |
| 468 | | 117 | 696 | 00:59:35 | Hansen | Maria | 1998 | Werner-Heisenberg-Gymnasium | W-SB | 5 |
| 469 | | 118 | 551 | 00:59:35 | Jessen | Luisa Marie | 2000 | Team der Westküstenkliniken Brunsbüttel und Heide | W-SC | 3 |
| 470 | 352 | | 675 | 00:59:37 | Blümke | Mats | 1998 | Werner-Heisenberg-Gymnasium | M-SB | 15 |
| 471 | 353 | | 407 | 00:59:41 | Bendtschneider | Jochen | 1970 | Ostroher SC | M-40 | 63 |
| 472 | 354 | | 568 | 00:59:47 | Cordts | Sönke | 1963 | Team Feldblick | M-45 | 44 |
| 473 | | 119 | 569 | 00:59:47 | Nasutta | Maren | 1969 | Team Feldblick | W-40 | 20 |
| 474 | | 120 | 127 | 00:59:48 | Barzel | Susanne | 1971 | | W-35 | 16 |
| 475 | | 121 | 497 | 00:59:50 | Karstens | Freya | 1993 | SSV Süderdorf | W-JB | 10 |
| 476 | 355 | | 430 | 00:59:50 | Voß | Johann Friedrich | 1935 | Ostroher SC | M-75 | 1 |
| 477 | | 122 | 97 | 00:59:56 | Sievers | Angelika | 1966 | MTV Heide | W-40 | 21 |
| 478 | 356 | | 582 | 01:00:01 | Suderow | Jochen | 1956 | Team Telekom | M-50 | 46 |
| 479 | | 123 | 73 | 01:00:02 | Korth | Leonie | 1996 | MTV Heide | W-SA | 5 |
| 480 | | 124 | 28 | 01:00:08 | Bautz | Muriel | 1973 | MTV Heide | W-35 | 17 |
| 481 | 357 | | 192 | 01:00:15 | Rimkus | Bernd | 1958 | | M-50 | 47 |
| 482 | | 125 | 147 | 01:00:15 | Enseleit | Birte | 1971 | | W-35 | 18 |
| 483 | 358 | | 252 | 01:00:18 | Hansen | Maik | 1972 | Commerzbank AG | M-35 | 25 |
| 484 | 359 | | 1057 | 01:00:20 | Frahm | Fynn | 1999 | Werner-Heisenberg-Gymnasium | M-SC | 9 |
| 485 | | 126 | 89 | 01:00:27 | Rohde | Kirsten | 1971 | MTV Heide | W-35 | 19 |
| 486 | | 127 | 86 | 01:00:27 | Pohlmann | Sandra | 1973 | MTV Heide | W-35 | 20 |
| 487 | 360 | | 687 | 01:00:27 | Erich | Lennart | 1999 | Werner-Heisenberg-Gymnasium | M-SC | 10 |
| 488 | 361 | | 310 | 01:00:29 | Harders | Tjark | 1994 | Gymnasium Heide-Ost | M-JB | 17 |
| 489 | 362 | | 49 | 01:00:31 | Gangei | Dietmar | 1951 | MTV Heide | M-55 | 38 |
| 490 | 363 | | 461 | 01:00:31 | Jensen | Hannes | 1988 | Schröder Bauzentrum | M-HK | 29 |
| 491 | | 128 | 457 | 01:00:31 | Burisch | Patrizia | 1988 | Schröder Bauzentrum | W-HK | 11 |
| 492 | 364 | | 244 | 01:00:35 | Klein | Soeren | 1983 | Boje-C.-Steffen Gemeinschaftsschule | M-HK | 30 |
| 493 | 365 | | 299 | 01:00:36 | Maaß | Timo | 2001 | Grundschule Wesselburen/Neuenkirchen | M-SC | 11 |
| 494 | 366 | | 300 | 01:00:36 | Maaß | Udo | 1965 | Grundschule Wesselburen/Neuenkirchen | M-45 | 45 |
| 495 | 367 | | 79 | 01:00:45 | Mischke | Christoph | 1995 | MTV Heide | M-SA | 20 |
| 496 | 368 | | 109 | 01:00:45 | Willmann | Vincent | 1994 | MTV Heide | M-JB | 18 |
| 497 | 369 | | 677 | 01:00:47 | Böing | Mark | 1995 | Werner-Heisenberg-Gymnasium | M-SA | 21 |

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| Hauptlauf | | | | | | | | | | |
|-----------|-------|-------|------|----------|--------------|--------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 498 | | 129 | 275 | 01:00:48 | Reimers | Antje | 1958 | Für Mich | W-50 | 15 |
| 499 | | 130 | 494 | 01:00:49 | Hadenfeldt | Marie | 1995 | SSV Süderdorf | W-SA | 6 |
| 500 | 370 | | 511 | 01:00:50 | Greie | Mirko | 1967 | Studio - FIT über 40 | M-40 | 64 |
| 501 | 371 | | 381 | 01:00:54 | Müller | Stephan | 1973 | MEX Running Team | M-35 | 26 |
| 502 | | 131 | 627 | 01:00:55 | Becker | Anja | 1978 | TSV Nordhastedt | W-30 | 11 |
| 503 | 372 | | 188 | 01:01:02 | Quast | Jonas | 1983 | | M-HK | 31 |
| 504 | 373 | | 293 | 01:01:04 | Plath | Dirk | 1966 | Gringo-Bar | M-40 | 65 |
| 505 | | 132 | 712 | 01:01:05 | Looft | Julia | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 8 |
| 506 | | 133 | 438 | 01:01:07 | Marohn | Hanne | 1960 | Post SV Heide | W-50 | 16 |
| 507 | | 134 | 546 | 01:01:09 | Hagemann | Katrin | 1976 | Team der Westküstenkliniken Brunsbüttel und Heide | W-30 | 12 |
| 508 | | 135 | 179 | 01:01:15 | Matthiesen | Silke | 1969 | | W-40 | 22 |
| 509 | | 136 | 122 | 01:01:16 | Carstensen | Wiebke | 1970 | Heide | W-40 | 23 |
| 510 | 374 | | 287 | 01:01:17 | Sokolowski | Nico | 1995 | GGs Hennstedt | M-SA | 22 |
| 511 | | 137 | 550 | 01:01:18 | Jessen | Karina | 1970 | Team der Westküstenkliniken Brunsbüttel und Heide | W-40 | 24 |
| 512 | | 138 | 354 | 01:01:27 | Schinke | Vera | 1957 | Laufftreff Uetersen | W-50 | 17 |
| 513 | 375 | | 23 | 01:01:30 | Johannsen | Manfred | 1947 | MTV Heide | M-60 | 7 |
| 514 | | 139 | 534 | 01:01:34 | Holm | Angelika | 1968 | Team Dellstedt | W-40 | 25 |
| 515 | 376 | | 302 | 01:01:34 | Ronge | Silas | 2001 | Grundschule Wesselburen/Neuenkirchen | M-SC | 12 |
| 516 | 377 | | 301 | 01:01:36 | Richter | Julian | 2001 | Grundschule Wesselburen/Neuenkirchen | M-SC | 13 |
| 517 | 378 | | 394 | 01:01:39 | Jargstorff | Thorge | 1994 | Marner TV | M-JB | 19 |
| 518 | | 140 | 303 | 01:01:42 | Ronge | Tina | 1971 | Grundschule Wesselburen/Neuenkirchen | W-35 | 21 |
| 519 | | 141 | 312 | 01:01:53 | Piascheck | Ann-Christin | 1992 | Gymnasium Heide-Ost | W-JA | 9 |
| 520 | 379 | | 168 | 01:01:59 | Jakels | Benjamin | 1981 | | M-HK | 32 |
| 521 | | 142 | 538 | 01:02:00 | Bahnsen-Boyn | Edeltraut | 1961 | Team der Westküstenkliniken Brunsbüttel und Heide | W-45 | 19 |
| 522 | 380 | | 764 | 01:02:17 | Ahmer | Patrick | 1993 | MTV Heide - Handball | M-JB | 20 |
| 523 | 381 | | 768 | 01:02:20 | Widdrich | Tim | 1994 | MTV Heide - Handball | M-JB | 21 |
| 524 | 382 | | 395 | 01:02:29 | Wasmund | Bernd | 1960 | MTV St. Michaelisdonn | M-50 | 48 |
| 525 | 383 | | 433 | 01:02:37 | Letz | Andreas | 1961 | Polizei Hamburg | M-45 | 46 |
| 526 | 384 | | 775 | 01:02:37 | Radmer | Malte | 1995 | MTV Heide - Handball | M-SA | 23 |
| 527 | | 143 | 435 | 01:02:47 | Hensel | Christina | 1967 | Post SV Heide | W-40 | 26 |
| 528 | | 144 | 332 | 01:02:56 | Kühnel | Celine | 1998 | Klaus-Groth-Schule | W-SB | 6 |
| 529 | 385 | | 686 | 01:02:57 | Endres | Philipp | 1992 | Werner-Heisenberg-Gymnasium | M-JA | 16 |
| 530 | | 145 | 56 | 01:03:04 | Hartwig | Johanna | 1994 | MTV Heide | W-JB | 11 |
| 531 | | 146 | 295 | 01:03:05 | Claußen | Finja | 2000 | Grundschule Wesselburen/Neuenkirchen | W-SC | 4 |
| 532 | 386 | | 298 | 01:03:07 | Lüders | Brian | 2000 | Grundschule Wesselburen/Neuenkirchen | M-SC | 14 |
| 533 | | 147 | 437 | 01:03:10 | Ladendorf | Adda | 1965 | Post SV Heide | W-45 | 20 |
| 534 | 387 | | 436 | 01:03:10 | Kienapfel | Harry | 1956 | Post SV Heide | M-50 | 49 |
| 535 | 388 | | 341 | 01:03:14 | Jürgens | Hans-Georg | 1961 | Kreis Dithmarschen | M-45 | 47 |
| 536 | | 148 | 695 | 01:03:14 | Hansen | Levke | 1992 | Werner-Heisenberg-Gymnasium | W-JA | 10 |
| 537 | 389 | | 307 | 01:03:22 | Nissen | Joachim | 1948 | GS Lüttenheid | M-60 | 8 |
| 538 | | 149 | 693 | 01:03:30 | Hamann | Valerie | 1996 | Werner-Heisenberg-Gymnasium | W-SA | 7 |
| 539 | | 150 | 191 | 01:03:30 | Reichardt | Manuela | 1984 | | W-HK | 12 |
| 540 | | 151 | 331 | 01:03:34 | Haupt | Vivienne | 1998 | Klaus-Groth-Schule | W-SB | 7 |
| 541 | | 152 | 327 | 01:03:40 | Boutemtam | Melina | 1998 | Klaus-Groth-Schule | W-SB | 8 |
| 542 | 390 | | 528 | 01:03:40 | Gansel | Tobias | 1984 | SV Werder Bremen | M-HK | 33 |
| 543 | | 153 | 249 | 01:03:43 | Peetz | Gabriele | 1953 | Boyens Anzeigenblätter | W-55 | 3 |

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| Hauptlauf | | | | | | | | | | |
|------------------|-------|-------|------|----------|---------------|-------------|------|--------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 544 | 391 | | 250 | 01:03:48 | Schumacher | Jens-Uwe | 1944 | BSV Hamburg | M-65 | 6 |
| 545 | | 154 | 623 | 01:03:50 | Stollberg | Janina | 1996 | TSV Lohe-Rickelshof | W-SA | 8 |
| 546 | | 155 | 706 | 01:03:50 | Klinger | Paulina | 1996 | Werner-Heisenberg-Gymnasium | W-SA | 9 |
| 547 | 392 | | 736 | 01:03:57 | Rusch | Artiom | 1997 | Werner-Heisenberg-Gymnasium | M-SB | 16 |
| 548 | 393 | | 708 | 01:03:57 | Kühl | Tom-Niklas | 1998 | Werner-Heisenberg-Gymnasium | M-SB | 17 |
| 549 | 394 | | 703 | 01:03:58 | Karstens | Finn | 1997 | Werner-Heisenberg-Gymnasium | M-SB | 18 |
| 550 | 395 | | 259 | 01:04:00 | Bornemann | Klaus | 1959 | Elmshorner MTV | M-50 | 50 |
| 551 | 396 | | 722 | 01:04:02 | Ott | Carsten | 1993 | Werner-Heisenberg-Gymnasium | M-JB | 22 |
| 552 | 397 | | 723 | 01:04:02 | Ott | Christian | 1993 | Werner-Heisenberg-Gymnasium | M-JB | 23 |
| 553 | 398 | | 173 | 01:04:03 | Kroll | Marco | 1973 | | M-35 | 27 |
| 554 | 399 | | 779 | 01:04:05 | Peters | Jon Lennart | 1998 | Gemeinschaftsschule Heide-Ost | M-SB | 19 |
| 555 | | 156 | 691 | 01:04:09 | Häger | Johanna | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 11 |
| 556 | | 157 | 234 | 01:04:11 | Höhrmann | Nadine | 1975 | Astra Urtypen | W-35 | 22 |
| 557 | | 158 | 479 | 01:04:14 | Schönwald | Roswitha | 1956 | SR Schleswig | W-50 | 18 |
| 558 | 400 | | 146 | 01:04:17 | Engelkes | Caspar | 1991 | | M-JA | 17 |
| 559 | | 159 | 313 | 01:04:17 | Schladetsch | Merle | 1991 | Gymnasium Heide-Ost | W-JA | 12 |
| 560 | 401 | | 108 | 01:04:26 | Willmann | Joshua | 1994 | MTV Heide | M-JB | 24 |
| 561 | | 160 | 57 | 01:04:26 | Heinecke | Kira | 1995 | MTV Heide | W-SA | 10 |
| 562 | 402 | | 760 | 01:04:47 | Schröder | Thorsten | 1964 | Studio - FIT über 40 | M-45 | 48 |
| 563 | | 161 | 515 | 01:04:48 | Prochnow | Martina | 1955 | Studio - FIT über 40 | W-55 | 4 |
| 564 | | 162 | 738 | 01:04:49 | Schmidt | Janna | 1996 | Werner-Heisenberg-Gymnasium | W-SA | 11 |
| 565 | | 163 | 174 | 01:05:08 | Krups | Insa | 1967 | | W-40 | 27 |
| 566 | | 164 | 481 | 01:05:23 | Wiese | Lara | 1991 | SSV Bunsöh | W-JA | 13 |
| 567 | | 165 | 601 | 01:05:44 | Lass | Gerda | 1942 | TSV Büsum | W-65 | 1 |
| 568 | 403 | | 115 | 01:05:52 | Zeidler | Jürgen | 1941 | MTV Heide | M-65 | 7 |
| 569 | | 166 | 788 | 01:05:55 | Buchin | Clara | 1997 | Werner-Heisenberg-Gymnasium | W-SB | 9 |
| 570 | 404 | | 393 | 01:05:56 | Jargstorff | Ralf | 1964 | Marner TV | M-45 | 49 |
| 571 | 405 | | 233 | 01:06:15 | Höhrmann | Horst | 1949 | Astra Urtypen | M-60 | 9 |
| 572 | 406 | | 336 | 01:06:16 | Vogt | Sebastian | 1999 | Klaus-Groth-Schule | M-SC | 15 |
| 573 | | 167 | 383 | 01:06:25 | Orloff | Lissy | 1990 | MEX Running Team | W-HK | 13 |
| 574 | 407 | | 697 | 01:07:05 | Hasselberg | Laif | 1998 | Werner-Heisenberg-Gymnasium | M-SB | 20 |
| 575 | 408 | | 230 | 01:07:07 | Haehling | Ulrich | 1968 | Anhalt Logistics | M-40 | 66 |
| 576 | | 168 | 702 | 01:07:08 | Kabbe | Jana | 1992 | Werner-Heisenberg-Gymnasium | W-JA | 14 |
| 577 | | 169 | 171 | 01:07:11 | Knipp | Verena | 1978 | | W-30 | 13 |
| 578 | | 170 | 125 | 01:07:11 | Bachmann | Katrin | 1977 | | W-30 | 14 |
| 579 | | 171 | 181 | 01:07:12 | Muchau-Hansen | Karin | 1965 | | W-45 | 21 |
| 580 | | 172 | 718 | 01:07:19 | Mustroph | Laura | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 15 |
| 581 | 409 | | 466 | 01:07:22 | Müller | Knuth | 1971 | Schröder Bauzentrum | M-35 | 28 |
| 582 | | 173 | 744 | 01:07:25 | Schwidtal | Wencke | 1993 | Werner-Heisenberg-Gymnasium | W-JB | 12 |
| 583 | | 174 | 739 | 01:07:25 | Schmidt | Lena | 1994 | Werner-Heisenberg-Gymnasium | W-JB | 13 |
| 584 | | 175 | 66 | 01:07:31 | Karsten | Silke | 1963 | MTV Heide | W-45 | 22 |
| 585 | | 176 | 326 | 01:07:33 | Ayhan | Neriman | 1998 | Klaus-Groth-Schule | W-SB | 10 |
| 586 | | 177 | 162 | 01:07:36 | Hinrichs | Gabriele | 1961 | | W-45 | 23 |
| 587 | 410 | | 334 | 01:07:37 | Osmani | Dorian | 1998 | Klaus-Groth-Schule | M-SB | 21 |
| 588 | 411 | | 296 | 01:07:56 | Dau | Timm-Ole | 2000 | Grundschule Wesselburen/Neuenkirchen | M-SC | 16 |
| 589 | | 178 | 521 | 01:07:57 | Alberts | Ingeborg | 1946 | SV Rot-Gelb Hamburg von 1926 | W-60 | 3 |
| 590 | 412 | | 524 | 01:07:57 | Farkas | Uwe | 1965 | SV Rot-Gelb Hamburg von 1926 | M-45 | 50 |
| 591 | 413 | | 465 | 01:08:02 | Möller | Thomas | 1975 | Schröder Bauzentrum | M-35 | 29 |

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Hauptlauf (10 Km)

| Hauptlauf | | | | | | | | | | |
|------------------|-------|-------|------|----------|--------------|-----------------|------|---------------------------------------------------|------|--------|
| Pos | Pos M | Pos W | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | AK | Pos AK |
| 592 | | 179 | 732 | 01:08:08 | Rojahn | Ann-Kathrin | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 16 |
| 593 | 414 | | 715 | 01:08:10 | Mohr | Axel | 1975 | Werner-Heisenberg-Gymnasium | M-35 | 30 |
| 594 | 415 | | 699 | 01:08:32 | Hinz | Jann Ole | 1997 | Werner-Heisenberg-Gymnasium | M-SB | 22 |
| 595 | | 180 | 756 | 01:08:54 | Wulff | Sina | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 17 |
| 596 | 416 | | 469 | 01:09:07 | Riedel | Lennart | 1990 | Schröder Bauzentrum | M-HK | 34 |
| 597 | | 181 | 607 | 01:10:07 | Allers | Tanja | 1969 | TSV Dellstedt | W-40 | 28 |
| 598 | 417 | | 674 | 01:10:49 | Bartels | Paul | 1992 | Werner-Heisenberg-Gymnasium | M-JA | 18 |
| 599 | | 182 | 737 | 01:10:49 | Schenk | Laura | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 18 |
| 600 | | 183 | 778 | 01:10:58 | Antonczyk | Helen | 1995 | MTV Heide | W-SA | 12 |
| 601 | 418 | | 777 | 01:10:58 | Antonczyk | Thomas | 1966 | MTV Heide | M-40 | 67 |
| 602 | | 184 | 580 | 01:11:13 | Sießenbüttel | Anika | 1981 | Team Telekom | W-HK | 14 |
| 603 | | 185 | 512 | 01:11:26 | Janssen | Anja | 1956 | Studio - FIT über 40 | W-50 | 19 |
| 604 | | 186 | 513 | 01:11:26 | Langmaack | Beate | 1964 | Studio - FIT über 40 | W-45 | 24 |
| 605 | | 187 | 676 | 01:11:29 | Boeck | Saskia | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 19 |
| 606 | 419 | | 460 | 01:12:13 | Elflein | Martin | 1959 | Schröder Bauzentrum | M-50 | 51 |
| 607 | 420 | | 290 | 01:12:28 | Diener | Joe Levin | 2000 | GGG Tellingstedt | M-SC | 17 |
| 608 | | 188 | 758 | 01:12:29 | Lepszy | Sarah-Christina | 1998 | | W-SB | 11 |
| 609 | | 189 | 743 | 01:12:34 | Schulz | Lynn Marie | 1999 | Werner-Heisenberg-Gymnasium | W-SC | 5 |
| 610 | | 190 | 289 | 01:12:35 | Diener | Caroline | 2001 | GGG Tellingstedt | W-SC | 6 |
| 611 | | 192 | 679 | 01:13:10 | Bruhn | Karen | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 20 |
| 612 | | 191 | 711 | 01:13:10 | Löbkens | Gesa | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 21 |
| 613 | | 193 | 635 | 01:13:15 | Orgis | Wanusa | 1991 | TSV Nordhastedt | W-JA | 22 |
| 614 | | 194 | 638 | 01:13:15 | Schumacher | Theresa | 1992 | TSV Nordhastedt | W-JA | 23 |
| 615 | | 195 | 564 | 01:13:26 | Stiffel | Corinna | 1983 | Team der Westküstenkliniken Brunsbüttel und Heide | W-HK | 15 |
| 616 | | 196 | 560 | 01:13:42 | Rudolph | Claudia | 1981 | Team der Westküstenkliniken Brunsbüttel und Heide | W-HK | 16 |
| 617 | 421 | | 789 | 01:14:16 | Munsche | Hendrik | 1999 | Werner-Heisenberg-Gymnasium | M-SC | 18 |
| 618 | | 197 | 81 | 01:14:22 | Off | Maren | 1992 | MTV Heide | W-JA | 24 |
| 619 | | 198 | 61 | 01:14:23 | Johannsen | Mara | 1992 | MTV Heide | W-JA | 25 |
| 620 | | 199 | 429 | 01:15:05 | von Heymann | Dorothea | 1992 | Ostroher SC | W-JA | 26 |
| 621 | | 200 | 681 | 01:16:03 | Carstens | Bente | 1991 | Werner-Heisenberg-Gymnasium | W-JA | 27 |
| 622 | | 201 | 176 | 01:16:03 | Lippemeier | Laura | 1992 | | W-JA | 28 |
| 623 | | 202 | 177 | 01:17:29 | Lippemeier | Nadja | 1992 | | W-JA | 29 |
| 624 | | 203 | 684 | 01:17:42 | Dudin | Marina | 1990 | Werner-Heisenberg-Gymnasium | W-HK | 17 |
| 625 | 422 | | 308 | 01:18:19 | Schmidt | Christian | 2000 | GS Lüttenheid | M-SC | 19 |
| 626 | | 204 | 337 | 01:18:19 | Zendulka | Lara | 2000 | Klaus-Groth-Schule | W-SC | 7 |
| 627 | | 205 | 380 | 01:19:00 | Möller | Nicola | 1992 | MEX Running Team | W-JA | 30 |
| 628 | | 206 | 379 | 01:19:00 | Hoef | Marieke | 1991 | MEX Running Team | W-JA | 31 |

Einträge in der Liste: 628